

Trekking Packing list

List for Multi-Day Moderate Trekking — Karakoram & Himalaya, Northern Pakistan

APPLICABLE TREKS

This is a general packing list for moderate multi-day trekking in Northern Pakistan (4–12 days, up to ~5,350m). It covers:

- Nangma Valley Trek
- Moses Peak (Barah Broq)
- K6 / K7 Base Camp Trek
- Laila Peak Base Camp Trek
- Mashebrum Base Camp Trek
- Nanga Parbat Base Camp — Fairy Meadows
- Nanga Parbat Base Camp — Rupal Face

1. CLOTHING & LAYERS

	ITEM	NOTES
☐	Long-sleeve base layer top ×2	Merino wool 150gsm, UPF 30–50. Long sleeve protects from intense sun on open terrain
☐	Short-sleeve trekking shirt ×2	Synthetic quick-dry. For warm valley days and lower sections
☐	Fleece jacket — midweight	200gsm full-zip. Worn every camp evening above 3,500m
☐	Lightweight down jacket ★ ESSENTIAL	Packable, 600–800 fill. Evenings in camp; layered under shell in cold mornings or bad weather
☐	Hardshell rain jacket	Waterproof-breathable. Afternoon storms are common — especially on K6/K7 and Nanga Parbat
☐	Trekking pants — convertible ×2	Zip-off ideal: cool mornings + cold afternoons on same day. Non-cotton
☐	Waterproof / windproof pants	For storm days and cold camp mornings above 4,000m
☐	Thermal base layer top ×1	For sleeping and cold mornings on higher camps
☐	Thermal base layer bottom ×1	For sleeping at high camps (K6/K7 BC, Moses Peak high camp)
☐	Warm beanie ×1	Used nightly from 3,500m upward
☐	Wide-brim sun hat	No shade on open terrain — neck and ears must be covered
☐	Neck gaiter / buff ×2	Sun protection on exposed sections; dust on jeep drives
☐	Liner gloves ×1 pair	Thin merino; for cool mornings and wind
☐	Warm gloves ×1 pair	Insulated. For cold evenings at high camps
☐	Underwear — merino ×4–5 pairs	Merino resists odour — essential on multi-day treks without laundry
☐	Trekking socks — merino ×4–5 pairs	Merino only. Inspect and air daily. Blisters are the most common issue
☐	Liner socks ×2–3 pairs	Thin nylon under trekking socks — reduces friction and blister risk
☐	Sleeping socks ×1 pair (dedicated dry)	Warm merino pair kept strictly for sleeping. Non-negotiable on high camps
☐	City / travel clothes	For Islamabad and Skardu hotel days before and after trek

2. FOOTWEAR

	ITEM	NOTES
☐	Waterproof trekking boots ★	<i>Mid-to-high-cut, waterproof, stiff-soled. For rocky moraine (K6/K7), rough trails, and wet terrain. Thoroughly broken in</i>
☐	Trail runners / light hikers (optional)	<i>Good alternative for Nangma Valley and Nanga Parbat Fairy Meadows (non-glacier, smoother trail)</i>
☐	Camp sandals / Crocs ★	<i>Essential relief after long days. 'Cited universally' by trekkers</i>
☐	River crossing shoes — separate item	<i>Old trainers or lightweight water shoes. Lower approach sections have wade crossings — do NOT cross in trekking boots</i>
☐	Low gaiters	<i>For moraine debris on K6/K7 and dusty trails. Full gaiters for Moses Peak summit approach</i>
☐	Microspikes (Moses Peak only)	<i>For icy patches on the summit scramble above 5,000m in early season. Not needed July–September in most years</i>
☐	Spare boot laces ×1 pair	<i>Weights almost nothing. A broken lace on trek with no resupply is a real problem</i>

3. SLEEPING & CAMPING

	ITEM	NOTES
☐	Sleeping bag, -10°C comfort rated ★	<i>Lower than Snow Lake / K2 requirements, but camps at K6/K7 BC (4,600m) and Moses Peak high camp (4,700m) get cold. -10°C comfort is the right choice.</i>
☐	Sleeping bag liner	<i>Adds 3–5°C warmth and keeps bag clean over multi-day treks. Essential for hygiene</i>
☐	Inflatable sleeping pad — R-value 3+	<i>Therm-a-Rest NeoAir XLite or similar. Ground insulation is important even on lower-altitude camps</i>
☐	Closed-cell foam backup pad	<i>Lightweight insurance if inflatable leaks</i>
☐	Camping pillow — compressible	<i>Small luxury; worth it over 5–12 nights</i>

4. HEALTH & SAFETY

	ITEM	NOTES
☐	Personal first aid kit ★	<i>Compeed, ibuprofen, paracetamol, Imodium, antihistamine, ORS sachets, wound closure strips, antiseptic cream, throat lozenges</i>
☐	Prescribed antibiotic (Cipro / Azithro)	<i>Consult doctor. GI illness from water or food is common and can end a trek</i>
☐	Diamox (Acetazolamide)	<i>Recommended for Moses Peak and K6/K7 BC. Consult doctor. 125–250mg twice daily from 24hrs before significant altitude gain</i>
☐	Oral rehydration salts	<i>For altitude dehydration and any GI illness</i>
☐	Pulse oximeter ×1 (group)	<i>Monitor SpO2 nightly above 4,000m. One shared unit is sufficient. Flags AMS early</i>
☐	Glacier / mountain sunglasses — Cat 3–4	<i>Category 3 minimum for all treks. Category 4 with side shields for Moses Peak and K6/K7 open snowfields</i>
☐	Spare sunglasses	<i>Losing glasses in the field with no replacement is genuinely dangerous</i>
☐	SPF 50+ sunscreen — generous supply	<i>Apply every 2 hours. Mountain UV is extreme even below the snowline</i>
☐	SPF lip balm ×3	<i>Lips crack quickly at altitude — keep in jacket pocket at all times</i>
☐	Leukotape P — blister prevention ★	<i>Start taping problem areas before blisters form. Most common physical issue on all these treks</i>
☐	Compeed blister patches	<i>Treatment once blisters form</i>
☐	Grayl Geopress filter bottle	<i>Primary water treatment. All glacier and stream water should be filtered</i>
☐	Chemical treatment tablets (backup)	<i>Aquatabs. Backup if filter fails</i>
☐	Emergency bivy sack	<i>~70g. Lightweight safety net on any mountain trek</i>
☐	Headlamp + spare batteries	<i>Early starts on all these treks. LITHIUM batteries in cold weather above 4,000m</i>
☐	Insect repellent — DEET 30%+	<i>Lower approach sections (below 3,000m) can have mosquitoes June–August</i>

5. HYDRATION & NUTRITION

	ITEM	NOTES
☐	Water bottles — Nalgene 1L x2	Hard plastic. Soft bottles and bladder tubes can freeze at 4,000m+ nights on K6/K7 and Moses Peak high camp
☐	Thermos — 1L vacuum insulated	Hot drink in the morning at high camps is transformative. Especially valuable on Moses Peak summit day
☐	Electrolyte tablets — 2+ tubes	Critical at altitude — dehydration accelerates AMS
☐	Personal snack stash	14 Adventure provide main meals. 2–3 personal snacks per day on trail. Energy bars, chocolate, nuts, trail mix
☐	Hard candy / glucose tablets	Quick energy on long summit days (Moses Peak) and approach days (K6/K7)
☐	Tea / coffee / hot chocolate sachets	Personal tent stash for cold camp evenings

6. PACKS, ELECTRONICS & POWER

	ITEM	NOTES
☐	Trekking duffel 60–90L (waterproof)	Porter-carried on K6/K7 and guided NP treks. North Face Base Camp or Ortlieb. Bright colour helps identification at camp
☐	Combination padlock	For porter duffel
☐	Daypack — 25–35L with rain cover	Carry daily. Hip belt essential on longer days. Separate rain cover
☐	Dry bags — multiple sizes	Keep sleeping bag, electronics and documents waterproof
☐	Power bank — 10,000–20,000mAh	Shorter treks need less capacity. Generators mostly available at camps.
☐	Camera + spare batteries x2–3	Cold reduces battery life at 4,000m+. Keep spare in inner jacket pocket
☐	GPS / Garmin inReach (optional)	Nangma Valley and K6/K7 have no cell signal in the upper valleys. Satellite communicator strongly recommended
☐	All charging cables	In one labelled pouch
☐	Memory cards x2+	Bring more than you think you need

7. PERSONAL & HYGIENE

	ITEM	NOTES
☐	Biodegradable wet wipes ×2 packs	Between-camp hygiene — shorter treks than K2 but still limited washing opportunities
☐	Hand sanitizer ×2 bottles	Before every meal — GI illness is the most common reason treks end early
☐	Toilet paper ×2–3 rolls	In zip-lock bags. Bury or pack out — Leave No Trace in national park areas
☐	Antifungal foot powder	Apply every morning on multi-day treks
☐	Biodegradable soap (small)	For stream washing at lower camps
☐	Microfibre travel towel	Quick-dry; for stream washing
☐	Pee bottle (high camps)	For cold nights at K6/K7 BC and Moses Peak high camp
☐	Insect repellent (see Health section)	Reminder — keep one small bottle in daypack for lower sections
☐	Penknife / multi-tool	Pack in CHECKED luggage — not carry-on

8. DOCUMENTS, MONEY & MORALE

	ITEM	NOTES
☐	Passport — original	Required for army check posts on K6/K7 (CKNP) and Nanga Parbat approaches
☐	Trekking permit / NOC	K6/K7 and Nanga Parbat routes require permits (arranged by 14 Adventure). Nangma Valley: no permit needed
☐	Travel insurance + emergency number	Must cover helicopter evacuation. Essential for all treks above 4,000m
☐	Scanned copies — phone + printed	Keep separately from originals
☐	Pakistani Rupees — cash	Porter and guide tips; small purchases in villages. No ATMs beyond Hushe / Astore
☐	Kindle / books / offline podcasts	Camp evenings are long — especially on rest days at K6/K7 BC
☐	Playing cards / small travel game	Great for rest days and bonding with crew
☐	Earplugs	Wind and tent sounds over multiple nights
☐	Small notebook + pen	Route notes and porter communication
☐	Repair kit	Tenacious Tape, duct tape strip, needle + thread, spare boot lace, spare buckle